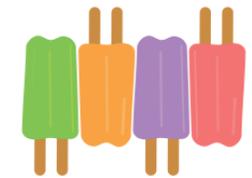


BOULDER SENIOR CENTER JULY 2019

FOR RESERVATIONS CALL 225-3656 BY 9:30 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 TURKEY NOODLE CASSEROLE GARDEN PEAS TOSSED SALAD JUICY PEARS	3 BEEF TACOS LETTUCE, TOMATO, CHEESE REFRIED BEANS GOLDEN CORN SWEET PEACHES	4 <u>CLOSED</u> 	5 
8 	9 SPAGHETTI w/MEAT SAUCE FRENCH BREAD GREEN BEANS TOSSED SALAD w/GARBANZOS ZESTY PINEAPPLE	10 POTATO SOUP EGG SANDWICH VEGGIE RELISH FRUIT SALAD	11 HAMBURGER ON A BUN TOMATO, ONION, LETTUCE BAKED BEANS POTATO SALAD FRESH FRUIT	12
15	16 BEEF ENCHILADAS MEXICAN CORN & BEANS TOSSED SALAD JUICY PEACHES	17 SWEET & SOUR PORK BROWN RICE STEAMED BROCCOLI PICKLED BEETS BAKED APPLES	18 CHIPPED BEEF ON TOAST GREEN PEAS TOSSED SALAD FRESH FRUIT	19 
22	23 OVEN BAKED CHICKEN MASHED POTATOES GOLDEN CORN 4 BEAN SALAD SPICED APPLES	24 TACO SOUP TORTILLA CHIPS TOSSED SALAD FRESH FRUIT	25 BBQ PORK ON A BUN OVEN POTATOES BAKED BEANS COLESLAW PINEAPPLE	26
29 	30 SLOPPY JOES BAKED BEANS CARROT RAISIN SALAD FRESH FRUIT	31 ROAST TURKEY MASHED POTATOES GREEN BEANS BROCCOLI SLAW CRANBERRIES		

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS

USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture Washington, D.C. 20250.

This menu has been reviewed and approved by a Registered Dietitian, CASSANDRA DRYNAN, RDN, *Cassandra Drynan, RDN*

Meals are served with Low Fat Milk & Coffee.